

Object of Activity: The object of the activity to practice the skills of throwing and catching at a high intensity level. Maximize the throwing and catching practice by reducing the chasing after missed catches and inaccurately thrown balls.

THROWING RAGS into open Space

Throw HARD

To begin, throw a rag that has no knots.

Throw hard, for distance, not accuracy.

Throw underhand, overhand or in modified motions.

Throw using either hand.

Throw overhead, between legs, or behind back.

Tie (loosely) 1 or more knot(s) in the towel to make it easier to throw for longer distances.

THROWING ACTIVITIES

In Self Space:

Toss up and catch with control.

Toss up and catch with two hands.

Toss up and catch at different levels.

Toss up and catch with different body parts.

(head, face, foot, back etc.)

In General Space

Form a line; All students facing in the same direction;

On command, students: throw as hard and as far as they can in common direction;

retrieve on command and travel to the opposite side. Repeat.

CATCHING IN SELF SPACE

Catching with a partner is extremely difficult till the thrower has a degree of accuracy.

Emphasize catching with two hands.

Catch with arms extended, elbows flexed. Hula hoop – student holds hoop with arms spread to give a tangible target to partner.

Catch with a cushioning effect.

Catch with one hand.

Alternate catching with one hand.

Add knot for more difficulty in catching.

PARTNER ACTIVITIES

Facing each other:

To be a successful catcher one must have a good accurate throw to catch.

If giving points, give the thrower one for a successful catch.

Share with a partner with emphasis on all throwing and catching activities previously attempted in Self-space

Catch while moving, at various angles toward the thrower. Catch rag and change places.

Facing away:

One partner is facing away from the throwing partner. Rag is thrown overhead and slightly in front of the catcher. Turn around and reciprocate.

The catching partner is lead further and further with the throw. Catch and run to line on opposite side of activity area. The thrower follows.

The catching partner makes the catch; the thrower runs by and is thrown the rag with a lead throw. Both move to the opposite side.

One partner faces a wall; standing at arms distance; assumes a good catching position. Partner throws rag hard at the wall but over the head of the catcher. As the rag slides down the wall catch it.. Throw to right and left of the partner facing the wall. Catcher tosses the rag back to partner over their shoulder while still facing the wall. After five trials reciprocate.

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Rich's RAG ACTIVITIES

Presenter Jim Rich

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'Treasure Chest' a HYPE Activity

Suggested Grade Level: K-8

Equipment – Rags, Balls, Frisbees, Scoops & Balls

Purpose of Event: To help develop the skills of passing, hiking, catching, and dodging in a low organizational game at a moderate to vigorous activity level.

Prerequisites: Emerging skill in the following: overhead pass, catch, dodge, run with a ball, and offensive and defensive strategies.

Materials: for every three students; 1 large hoop; 3, (developmentally appropriate or sport specific equipments), or other balls of teachers choice; and cones to designate outside play area.

Description of Idea: SET-UP: Hoops are scattered about the play area with 3 Manipulative in each hoop; teams/partners (standing) by their hula hoop, or with one foot inside.

Size of play area may vary, depending on age, size, and ability of the group.

On signal (to begin), all players move around the play area, grabbing equipment (one at a time) from other hoops (not their own) and return it to their own hoop. Players are not allowed to "guard" the ball(s) in their hoop.

Alternate Suggestions:

A student may not retrieve more than one ball from a hoop until they go and retrieve one from another hoop. Play for time, 30 seconds to one minute.

Game - Give credit for the number of balls in each teams hoop when time is up.

First team to get 3 (or 4 or 5 if you wish for the game to last longer) balls in their hoop yell "Treasure chest" and the game is over.

Variations:

a. "Pass and Catch Treasure Chest " - One partner stays in the hoop as the receiver. The other partners are the quarterbacks. They move around the playing area to get a ball from other hoops. The ball is then passed back to their partner (the receiver). When the ball is caught by the receiver they get to place the ball in their hoop. The receiver must have 1 foot in the hoop when the catch is made. If the ball is not caught, the quarterbacks may retrieve it and pass from that spot, continue until the designated number of balls are caught and placed in their hoop or the game is over by time.

b. "Pass and Catch II Treasure Chest " - One partner stays in the hoop as the receiver. The other 2 partners are the quarterbacks. Poly-spots are placed randomly around the outside boundary. Once they play begins one of the quarterbacks secures a ball they must throw it to another quarterback who is on one of the poly-spots. That person then passes the ball to the receiver. Quarterbacks can change positions during game play.

c. "Hike It Treasure Chest" - hoops are positioned in the playing area. Poly-spots are placed randomly around the outside boundary. Partners keep their hoop as their "home", but game begins with partners and 1 ball on one of the spots. On signal to begin, 1 partner hikes the ball to their quarterback. The hiker runs to their hoop and tries to catch the pass. If they catch it, they keep the ball in their hoop. If not, they can go to anyone else's hoop, take a ball, race back to their starting spot, and begin again with the hike. Each time, they must remember to switch "jobs."

d. "Tag 'em Treasure Chest" - Choose any of the above variations and add tagging. Any player tagged with a ball must give the ball to the one who tagged them, who puts the ball in their hoop. Or pay a penalty like 5 toe touches.

e. Each team can score a given number of points for each ball placed in their hoop, even if it is taken again by another team.

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Teaching Suggestions:

Encourage students to share their strategy for game play and the degree of success.

Use different colored balls to better help identify which ball is going to which partner.

Use different colored hoops indicating the different "home bases".

Set guidelines for safety concerns with the students ahead of game play.

Ask the students for ideas to make up a variation of the game.

Submitted by Jo Morrison who teaches at Sheridan School in Bloomington, IL. Thanks for contributing to PE Central! Posted on PEC: 8/24/2004. Printed 4213 times since 10/21/2003.

Modified by Jim Rich, HYPE Consultant, to meet the moderate to vigorous criteria of the program.

Throwing at a Tossed Target

Purpose of Activity: To practice the 'throw/toss' at a moving target.

Prerequisites: Ability to throw a rag, tennis/football/lacrosse ball/scoop ball etc. size ball over .

Materials Needed: Plenty of gym and wall space one hoop or target ball for every 3 students.

Description of Idea

This is a partner activity. One is the thrower and the other the 'tosser', the other the catcher (retriever).

The thrower partner throws a ball, of their choice, over handed at a "target ball"/ HOOP/ that the 'tosser' throws up in the air. The thrower selects the size of the target ball/HOOP based on their skill. Students stand at 90 degree angles from each other with the thrower facing the wall. The wall should be 10-15 feet away from the thrower. The 'tosser' is close to the wall.

The third person catcher (retriever).gather up thrown equipment and on rotation becomes the next tosser.

The activity begins when the 'tosser' says "ready, set, go". On go, the 'tosser' tosses the ball upwards to 15 feet in the air and parallel to the wall.

The throwing partner stands in the ready position to overhand throw the chosen object. When the target ball reaches its highest point, the throwing partner steps, and throws the object trying to hit the target ball/HOOP.

The catcher (retriever). retrieves the respective objects.

Students rotate after five trials.

Variations:

Encourage students to select the target ball based on their skill level. Higher skilled students should use a smaller ball. Lower skilled a larger ball.

Use this activity as a station in a larger skill review.